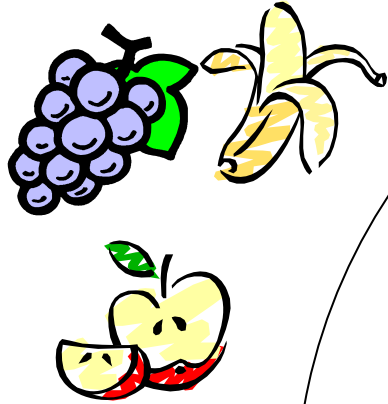


# Alimentos Sanos – Su Plato

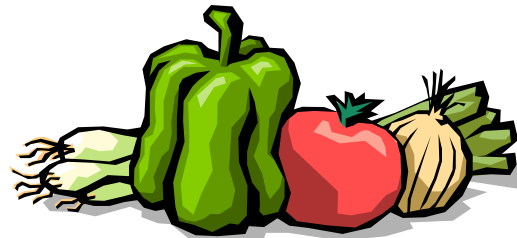
## Frutas



## Leche



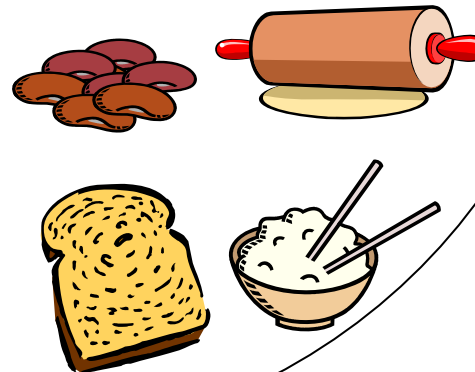
## Verduras



## Proteina



## Almidones



## Grasas



**Come 3 veces al dia**

**Tome agua**

**No necesita comprar comidas especiales**